

Kinesiology (KINE) 2015-2016

Bachelor of Science Degree in Kinesiology

To schedule an advising appointment: rht.gmu.edu/advise/appointment

- ❖ **Mason Core, 38 credits:** For current list of approved courses: masoncore.gmu.edu
 - Oral Communication - 3 credits
 - Global Understanding - 3 Credits
 - Written Communication - 3 Credits (**ENGH 101** with C or better)
 - Literature - 3 Credits
 - Written Communication - 3 Credits (**ENGH 302** with C or better)
 - Natural Science - 8 Credits (**BIOL 124 &125** with C or better)
 - Information Technology - 3 Credits
 - Social and Behavioral Sciences - 3 Credits
 - Quantitative Reasoning - 3 Credits (**STAT 250** with C or better)
 - Western Civilization - 3 Credits
 - Arts - 3 Credits

- ❖ **Professional Sequence, 70 credits:** (must maintain GPA of 2.5 and a C or better in all courses)

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|---|--|--|
| ○ ATEP 120: First Aid/Emergency Care | ○ KINE 341: Kinesiology Internship I | ○ KINE 441: Kinesiology Internship II |
| ○ ATEP 300: Functional Anatomy | ○ KINE 350: Exercise Prescription/Program | ○ KINE 490: Kinesiology Internship III |
| ○ HEAL 110: Personal Health | ○ KINE 360: Strength Trng:Concepts/Applns | ○ PRLS 450: Research Methods |
| ○ KINE 100: Introduction to Kinesiology | ○ KINE 370: Meas/Eval of Physical Fitness | ○ PRLS 460: Sport & Recreation Law |
| ○ KINE 200: Princpls Health Related Fitness | ○ KINE 380: Exercise Presc/Prog Spe Popu | ○ SPMT 320: Psychology of Sport |
| ○ KINE 310: Exercise Physiology I | ○ KINE 400: Biomechanics (offered Fall only) | |
| ○ KINE 320: Principles of Human Nutrition | ○ KINE 410: Exercise Physiology II | |
| ○ KINE 330: Seminar in Kinesiology | ○ KINE 420: Sport and Exercise Nutrition | |

- ❖ **Electives, 12 credits:** May include KINE 249, 250 and 499

Total: 120 Credits

Suggested Academic Plan (to be supplemented by Mason Core and Electives)

| Semester | Course | Credits | Prerequisites |
|--------------------------------|---|---------|--|
| 1 st Year Fall | BIOL 124 Human Anatomy & Physiology | 4 | |
| | HEAL 110 Personal Health | 3 | |
| | KINE 100 Introduction to Kinesiology | 3 | |
| 1 st Year Spring | ATEP 300 Functional Anatomy | 3 | <i>BIOL 124, CO-REQ BIOL 125</i> |
| | BIOL 125 Human Anatomy & Physiology | 4 | <i>BIOL 124</i> |
| 2 nd Year Fall | ATEP 120 First Aid/Emergency Care | 2 | |
| | KINE 200 Principles of Health Related Fitness | 2 | <i>ATEP 300, CO-REQ KINE 310</i> |
| | KINE 310 Exercise Physiology I | 3 | <i>ATEP 300, CO-REQ KINE 200</i> |
| 2 nd Year Spring | KINE 320 Principles of Human Nutrition | 3 | |
| | KINE 370 Measurement and Evaluation | 3 | <i>KINE 310, ATEP 300</i> |
| | SPMT 320 Psychology of Sport | 3 | |
| 3 rd Year Fall | KINE 330 Seminar in Kinesiology | 3 | <i>60 credits, KINE 100, 200, 310, 370, ATEP 300</i> |
| | KINE 350 Exercise Prescription and Programming | 3 | <i>KINE 200, 310, 370, ATEP 300</i> |
| | PRLS 460 Sport and Recreation Law | 3 | <i>60 credits</i> |
| 3 rd Year Spring | KINE 341 Kinesiology Internship I | 3 | <i>KINE 200, 310, 330, 350, 370 Current CPR/AED/First Aid</i> |
| | KINE 360 Strength Training | 3 | <i>KINE 310, ATEP 300</i> |
| | KINE 380 Exercise Prescript & Prog for Spec Pop | 3 | <i>KINE 200, 310, 330, 350, 370</i> |
| | STAT 250 Introductory Statistics | 3 | <i>High School Algebra</i> |
| 4 th Year Fall | KINE 400 Biomechanics (offered Fall only) | 3 | <i>ATEP 300, KINE 360</i> |
| | KINE 410 Exercise Physiology II | 3 | <i>KINE 310</i> |
| | KINE 420 Sport and Exercise Nutrition | 3 | <i>KINE 310, 320</i> |
| | KINE 441 Kinesiology Internship II | 3 | <i>90 credits, KINE 330, 341, 350, 360, 370, 380 & Current CPR/AED/First Aid</i> |
| | PRLS 450 Research Methods | 3 | <i>60 credits, STAT 250</i> |
| 4 th Year Spring | KINE 490 Kinesiology Internship III - Capstone | 12 | <i>KINE 330, 341, 400, 410, 420, 441, Current CPR/AED/First Aid</i> |

Academic Requirements: 120 total credits; 45 upper level credit hours; 30 hour GMU residency requirement; completion of Mason Core courses; GPA of at least 2.5 and a C or better in BIOL 124 and 125, STAT 250, and *all* professional sequence courses.

Professional Certification Exam Requirement: attempt either the American College of Sports Medicine (ACSM)-Certified Exercise Physiologist (EP-C) *or* the National Strength and Conditioning Association (NSCA)-Certified Strength and Conditioning Specialist (CSCS). NSCA exam discount code: ERPGMU2

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Suggested Transfer Academic Plan:

*Assumes completion of BIOL 124, 125, and STAT 250 with a C or better, *all* Mason Core [except ENGH 302] and elective courses. Must maintain GPA of at least 2.5 and a C or better in *all* professional sequence courses.

| Semester | Course | Credits | Prerequisites |
|--------------------------------|---|---------|---|
| 1 st Year Fall | ATEP 300 Functional Anatomy | 3 | BIOL 124 |
| | HEAL 110 Personal Health | 3 | |
| | KINE 100 Introduction to Kinesiology | 3 | |
| | SPMT 320 Psychology of Sport | 3 | |
| | ENGH 302 Advanced Composition | 3 | ENGH 101, Literature, and 45 credits |
| 1 st Year Spring | ATEP 120 First Aid/Emergency Care | 2 | |
| | KINE 320 Principles of Human Nutrition | 3 | |
| | KINE 200 Principles of Health Related Fitness | 2 | ATEP 300, CO-REQ KINE 310 |
| | KINE 310 Exercise Physiology I | 3 | ATEP 300, CO-REQ KINE 200 |
| | PRLS 460 Sport and Recreation Law | 3 | 60 credits |
| 1 st Year Summer | KINE 370 Measurement and Evaluation | 3 | KINE 310, ATEP 300 |
| 2 nd Year Fall | KINE 330 Seminar in Kinesiology | 3 | 60 credits, KINE 100, 200, 310, 370, ATEP 300 |
| | KINE 350 Exercise Prescription and Programming | 3 | KINE 200, 310, 370, ATEP 300 |
| | KINE 410 Exercise Physiology II | 3 | KINE 310 |
| | KINE 420 Sport and Exercise Nutrition | 3 | KINE 310, 320 |
| 2 nd Year Spring | KINE 341 Kinesiology Internship I | 3 | KINE 200, 310, 330, 350, 370 Current CPR/AED/First Aid |
| | KINE 360 Strength Training | 3 | KINE 310, ATEP 300 |
| | KINE 380 Exercise Prescript and Prog for Spec Pop | 3 | KINE 200, 310, 330, 350, 370 |
| | PRLS 450 Research Methods | 3 | 60 credits, STAT 250 |
| 2 nd Year Summer | KINE 441 Kinesiology Internship II | 3 | 90 credits, KINE 330, 341, 350, 360, 370, 380 & Current CPR/AED/First Aid |
| 3 rd Year Fall | KINE 400 Biomechanics (offered Fall only) | 3 | ATEP 300, KINE 360 |
| | KINE 490 Kinesiology Internship III - Capstone | 12 | KINE 330, 341, 400, 410, 420, 441, Current CPR/AED/First Aid |

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KINE Advising Questions

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Appointments: rht.gmu.edu/advise/appointment